

Some people win awards because people can write a good package; others win awards because all evidence points to their profound impact in their chosen fields. Page 4.

First Look

Family day

Nov. 26 is a family day for all military members.

Preflight

- Days since last DUI . 26
- DUIs since Jan. 1 .. two
- Current AEF 1 & 2
- Current FPCON Alpha
- **Combat Nighthawk: Capt. Capt. Debbie D'Amico**, 65th Medical Operations Squadron;
- Master Sgt. David Pate**, 65 Communications Squadron;
- Master Sgt. Kurt Uelman**, 65 Logistics Readiness Squadron

Season's Greetings



Blues Traveler will visit Lajes Dec. 5 for a matinee as part of the Operation Seasons Greetings tour with the New England Patriot Cheerleaders, the U.S. Air Forces in Europe band and the USAF Reserve Band. (Courtesy photo)

A very thankful Thanksgiving

**By Gen. Robert "Doc" Foglesong
Commander, U.S. Air Forces in Europe**

As we approach the Thanksgiving holiday, I can't help but think how truly blessed we are. As we prepare to gather with friends and family this Thanksgiving Day, let me share with you the top four things I'm thankful for.

I'm thankful to be a citizen of our great nation. We have a great tradition of liberty and inclusiveness — the diverse contributions of all Americans have been the bed-

rock of our strength and resolve.

I'm thankful to be a member of our Armed Forces serving our country and defending our freedom. The brotherhood of arms is a noble profession, and the defense of our great liberties at home and the growth of these liberties abroad in locations such as Afghanistan and Iraq makes our service a vital and worthy cause.

I'm also thankful for these current times of challenge and change. Living in this dynamic period of time is like no other. The stress of our daily efforts is undeniable, but rest assured that your efforts are mak-

ing this world a better place.

I'm especially thankful to serve with such an awesome team of warriors as the men and women of USAFE. You bring your courage, dedication and commitment to the fight each and every day no matter where you're stationed. You are what make us the most respected and feared air and space force in the world!

Wherever you are this Thanksgiving holiday, take a few moments to reflect on how thankful you are — together we have much to look forward to and much to celebrate.

USAFE stands down to focus on Airmen well-being

**Tech. Sgt. Mona Ferrell
USAFE News Service**

RAMSTEIN AIR BASE, Germany (USAFENS) – Focusing on the time-honored tradition of Airmen taking care of Airmen, U.S. Air Forces in Europe had a Wingman Day Nov. 8.

Consisting of a full-day stand down for the entire command, Wingman Day focused on raising the awareness level of the Air

Force's most important asset – its people, said Gen. Robert H. "Doc" Foglesong, USAFE commander.

Wingman Day included wing, group and squadron-level briefings and interactive discussions down to the lowest level in flights or sections throughout the command.

"We all recognize the demand our current operational tempo places on each of us and our families," the general said. "The recent increase in suicides across our Air

Force is evidence more attention is warranted on these stressors – from the top to the bottom of our chain of command."

Incorporated with the rollout of Combat Wingman, USAFE's newest combat program, Wingman Day focused on the whole-person wellness approach using the four dimensions of wellness model, said Col. (Dr.) Mark Ediger, USAFE Surgeon General director.

"Wellness is the major deter-

rent to suicide and key to living a fulfilling life," said Dr. Ediger. "The four dimensions of wellness — our physical, emotional, social and spiritual anchors – enhance our resilience and prepare us to weather the storms and stressors of work and our lives in general. The four dimensions also give us a useful framework for assessing the

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USAFE Airman Information File

October 2004

Freedom -- You Can Take it to the Bank!

We arrived in USAFE 15 months ago and instituted Combat and Special Interest Programs within the command to help translate our vision, mission and goals into concrete results. We're proud of your accomplishments and mission success in implementing and sustaining our 15 Combat and Special Interest Programs.

Your efforts have made significant, tangible impacts for our Airmen across the command. Overall, we realized a 26% improvement across the 80 performance indicators we measure throughout USAFE. This percentage is more than a number — it means we're better prepared, improving our processes and taking care of our people.

Let's highlight your accomplishments in a few of the individual programs. Our Combat Flightline program improved fleet fix rate by 20%. Combat Education increased the available number of classes and raised college enrollments by 11%. Combat Intro/Exit cut member processing stops by 75% in less than a year. Combat Fitness prepared us for our combat culture and boosted our fitness test scores by 18%. The Hidden Heroes program increased our volunteer opportunities by 32% and the number of volunteers by 46%. Customer College trained nearly 2,800 service providers to better meet the needs of our custom-

ers. Project Wizard energized our libraries with additional funding, elevated library visits by 23% and increased computer usage by 70%. These results showcase the labors of your hard work and reflect your commitment to excellence at every level.

We also want to spotlight Combat Wingman, our newest Combat and Special Interest Program. Combat Wingman emphasizes the time-honored commitment we ask all Airmen — military and civilian — to make: to be the guardian of each other's welfare. It reinforces what it means to be part of the Air Force family, specifically linking each of us with a Wingman that checks our six, on and off duty. This is not a single focus program to address one or two problem areas — its focus is on all dimensions of our lives. It sustains Airmen during both steady-state and expeditionary operations no matter where we're stationed. As Combat Wingman takes off at your local base, remember that it's all about taking care of your fellow Airmen.

Your commitment and dedication to our Combat and Special Interest Programs has increased our readiness, improved mission effectiveness, strengthened our services and enhanced our quality of life. Keep the momentum rolling as we lead the way for the most respected, all-purpose expeditionary air and space force in the world!

General Doc Foglesong

CMSgt Gary Coleman

USAFE, AF programs create more structure, less stress

Chief Master Sgt. Gary Coleman
USAFE Command Chief
Master Sergeant

RAMSTEIN AIR BASE, Germany (USAFENS) – Force shaping, doing more with less, increased deployments – For many people in today's Air Force these words bring about feelings of stress and anxiety. But really, if you think about it, we are less stressed as a force than we have been in quite some time.

On an Air Force level, the creation of the Air Expeditionary Force provides us with a more predictable and stable work environment. Our support of Operations Iraqi and Enduring Freedom, combined with the various humanitarian missions we routinely perform, means our operations tempo has increased. However, the AEF rotational structure provides a way for us to know our deployment eligibility period. We can better plan, both at home and at work, for these changes. And planning is a key element in reducing stress.

The changes in the Air Force fitness standard may have been a painful transition for some of us, but it has also made us stronger. The standard ensures that we're a more fit expeditionary force. And, as we all know, being physically fit helps to reduce stress in our lives.

Closer to home, the Combat and Special Interest Programs instituted within U.S. Air Forces in Europe play a vital role in ensuring we are ready to fight and postured to respond anywhere in the world. But, they do more than that; they are programs to help us grow – spiritually, mentally, physically and emotionally. These same four dimensions of wellness — our physical, emotional, social and spiritual anchors – enhance our resilience and prepare us to weather the storms and stressors of work and our lives in general.

Programs like Project CHEER, which creates an environment of enthusiasm for our single and unaccompanied Airmen when they arguably need it most, offers them the opportunity to be involved in

high-energy events throughout the year. This program is particularly valuable in the winter months when being separated from family can be stressful.

Another program, Combat Intro/Exit is designed to streamline and ease the process of base in- and out-processing. Through this program, as many as 15 inprocessing stops were eliminated at some bases; eliminating any additional stress factors that go along with the process. Stress is further relieved through the Virtual Inprocessing system by increasing the number of pre-arrival actions members can take and by providing more information earlier to inbound members.

And through Combat Care we've focused on easing the stress of our spouses and family members. This program is designed to improve the care, attention and information flow spouses and families receive while we're deployed. It's also de-

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Air Force leaders send Thanksgiving message

WASHINGTON (AFPN) — The following is a Thanksgiving message from Secretary of the Air Force Dr. James G. Roche and Air Force Chief of Staff Gen. John P. Jumper:

"Each year, Americans set aside the special day of 'Thanksgiving' to gather with family and friends to count their blessings. At the first Thanksgiving festivals in the Virginia and Massachusetts colonies, the original settlers made praise and prayer for a bountiful harvest and hope for a promising future the centerpiece of their celebrations.

"This Thanksgiving, we are reminded of the blessings we have as Americans because our nation still holds the promise of bountiful lands and the right of freedom. We enjoy peace and prosperity like no other nation. The rest of the world admires our way of life because America's values are bedrock.

"For Airmen, we count an extra blessing

around the Thanksgiving table this year: the privilege of serving in the greatest air and space force in the world. By your professionalism, dedication and willingness to answer our country's call at a time of war, you stand as the shining example of strength, courage, and patriotism for us all. Indeed, as Americans give thanks for their many blessings this Thanksgiving Day, they'll offer their gratitude to you for safeguarding our great nation.

"This Thanksgiving Day finds many of our Airmen deployed throughout the world in defense of America and to help give others a chance for freedom. Please remember them in your prayers and make sure their families are taken care of on this special holiday.

"We're very proud of you and your families for what you do to protect our cherished freedoms. Happy Thanksgiving!"



Fired up

Lee Wheeler prepares his paintball gun for the annihilation game at Cinco Picos Saturday. Two teams competed for "King of the Hill." The team made up of members mostly from the 65th Communications Squadron won. (Photo by Guido Melo)

Focus notes

Project CHEER

Free movie. It's free admission, with a free drink and popcorn Thursday, 6 p.m., "First Daughter," rated PG-13 for language, sexual situations, alcohol-related material. Cast includes Katie Holmes and Marc Blucas. Samantha Mackenzie wants what every college freshman desires: to experience life away from home and parents. But it's not going to be easy, because home for Sam is The White House and her dad, is the President of the United States. Despite her fishbowl existence, Sam meets and falls for James, the Resident Advisor in her dorm. As romance blossoms, Sam discovers her new beau is a secret service agent assigned to protect her.

Heart of CHEER! Families who want to open their home on Thanksgiving to single or unaccompanied members or SUM who want to share Thanksgiving with a Team Lajes family should contact their first sergeant or squadron Project CHEER representative.

Join the Lajes Ridge Runners in working off Thanksgiving dinner at 9 a.m. Nov. 27, and maybe even win a turkey. Meet in the community activities center parking lot for the Turkey Trot fun run, walk and hike. Dogs are welcome too.

Combat Touch events

This year's Christmas Cantata, "Christmas Tapestry," is at 7 p.m. Dec. 12. Practice is at 7 p.m. Mondays at the chapel sanctuary. For more information, call 2-4211.

Combat Education

People working towards their Community College of the Air Force degree can log onto <https://afvec.langley.af.mil> to check completion status.

Education grant program: the Gen. Henry H. Arnold Education Grant Program application brochures is available at www.afas.org under education and Arnold Grant.

Combat Care

Parents Offering Parents Support is a play group for stay-at-home parents of active duty and civilian personnel. They meet 10-11 a.m. Thursdays. The group participates in activities, play time and reading time. For more information, call Pam Darling at 295-549-751.



Giving it your all *Lajes nurse wins Armed Forces award*

**By Tech. Sgt. Renee Kirkland
NCOIC, public affairs**

Some people win awards because people can write a good package; others win awards because all evidence points to their profound impact in their chosen fields.

Maj. Jill O'Rear is the 2004 Women's Health, Obstetrics and Neonatal Nurse Armed Forces Section Advanced Practice Nurse.

According to past supervisors, Major O'Rear was the number one women's health nurse practitioner at Elmendorf Air Force Base, the Alaska Command referral center where she and five other WHNPs helped serve more than 106,000 beneficiaries. During her time there she saw more than 15 percent of the cases in the Pacific Air Forces' busiest women's health clinic.

Major O'Rear, who is certified in both women's health and adult health, reduced primary care manager visits by 45 percent and was named the Advanced Practice Nurse of the Year in April 2004 for both the Pacific Air Forces and the Air Force Medical Service.

Her expertise in in-depth fertility care at Elmendorf allowed the hospital to recapture 50 percent of its referrals and save \$24,300. She

also developed an infertility worksheet for PCMs whose intensive data collection during first visits save \$12,400 in follow-up visit costs.

As Lajes' chief of women's health services, Major O'Rear provides specialty care for more than 800 women. She is also the element leader for primary care and the obstetrics liaison with the local Portuguese physicians. Lajes women may know her best from her OB town hall meetings and her work with the storknesting program.

Major O'Rear was one of seven members of the Association of Women's Health, Obstetric and Neonatal Nurses' 2004 Women's Health Advanced Practice Advisory Panel. There, as the only military member, she championed the unique needs and concerns for female Department of Defense beneficiaries and influenced the board to recommend changes in skills for practitioners as well as the health practices of service recipients. She was also selected as an item writer for the National Certification Corporation's WHNP certification exam.

James O'Rear sums up his wife's contribution to nursing best. "All I know is she's mighty impressive in the OB/GYN nurse practitioner world!"

High winds may mean no school

In the morning – before school, if weather conditions indicate winds of more than 58 miles per hour, the 65th Mission Support Group commander will contact with the 65th Operations Support Squadron commander before 6:30 a.m. to determine whether or not school buses should run.

Parents may be required to take their children to school, but the schools will remain open. If conditions are severe enough, class may be cancelled for the day or delayed until conditions permit resumption of school.

In the event of delay or cancellation, announcements will be made on Island 96 and AFN-TV no later than 6:45 a.m.

If school is in progress when high winds are expected, a decision will be made before 1:30 p.m. to determine if it's safe to run the afternoon buses.

If not, announcements will be made by radio, television and e-mail no later than 2 p.m. for parents to pick their children up at the end of the school day.

Parents are reminded that high winds can develop suddenly at Lajes and that parents should be on the alert for weather warnings. For more information, call the school liaison officer at 2-1314.

Thanksgiving dinner menu

The Tradewinds Dining Facility Thanksgiving dinner is 11 a.m. - 3 p.m. and 4 p.m. - 7 p.m. Thursday. It's free for meal card holders.

The menu consists of shrimp cocktail, assorted yogurt, French onion soup, roast turkey, steamship round of beef, baked ham, corn bread dressing, rice pilaf, glazed sweet potatoes, mashed potatoes, chicken gravy, green beans with mushrooms, glazed

carrots, steamed corn, peas, salad bar, macaroni salad, fruit cocktail gelatin, corn bread, dinner rolls, assorted breads, pumpkin pie and pecan pie, Devil's food cake with chocolate frosting, holiday candies, vanilla and chocolate ice cream, assorted fresh fruit, milk, coffee, hot tea, iced tea, assorted fresh fruit juices, assorted carbonated beverages and hot chocolate.

For more information call Tech. Sgt. Andrew Mix at 2-4156.



Resume

Lauren Jackson, family support center community consultant, taught a class about military resume building Monday at the family support center. (Photo by Guido Melo)



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AF honors spouses with pin

WASHINGTON (AFPN) — Air Force officials have expanded the pin program to recognize and thank those who support the efforts of Airmen around the world by introducing the Air Force spouse pin. This pin joins the Air Force employer pin and parent pin as one of the service's most visible public outreach programs.

Peter B. Teets, undersecretary of the Air Force, presided over a ceremony here Oct. 8, where the first three pins were presented to spouses of an active-duty, Guard and Reserve Airman.

"In an increasingly volatile world, the Air Force depends on families for their support as never before," said Col. Chris Geisel, assistant director of Air Force public affairs. "It's only appropriate that we reach out to the spouses who stand shoulder-to-shoulder with us."

The spouse pin — a blue star cradled in the Air Force symbol — is a contemporary adaptation of a wartime tradition. Beginning with World War I, families hung service flags in their windows to display a blue star for each family member serving

in the armed forces.

The new pin is given to spouses of American Airmen and civilians in recognition of the sacrifices they make for their spouse's service, Colonel Geisel said.

Besides the 1-inch silver lapel pin, the spouses will receive a personalized letter signed by Secretary of the Air Force Dr. James G. Roche and Air Force Chief Staff Gen. John P. Jumper.

Airmen and civilian employees can register for a spouse pin and letter through a Web-based program at www.yourguardiansoffreedom.com.

The Your Guardians of Freedom office, a division of the Air Force public affairs directorate, manages the recognition program. The office's mission is to help commanders and Airmen reach out to key audiences to tell the story of Airmen fighting the war on terrorism.

More than 222,000 Airmen have created profiles at the Web site, which has resulted in the presentation of more than 318,000 parent pins and more than 61,000 employer pins.

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strength of our wingmen to weather their storms."

The four dimensions of wellness go beyond individual awareness, said Gen. John P. Jumper, Chief of Staff of the Air Force.

"When we join the Air Force, we become a part of a unique culture, and the foundation of this 'Culture of Airmen' is our core values — integrity first, service before self and excellence in all we do," General Jumper said. "This culture and these core values compel us as Airmen to take care of one another."

While the wingman concept is not new, Wingman Day and Combat Wingman are being used collectively to broaden the radarscope, General Foglesong said.

"We can all be proud of our accomplishments over the last two years making our nation a safer place," the general said. "Our USAFE mission has played a significant role to this end. But, now more than ever it is imperative that we check each other's six."

"Wingman Day is kicking our efforts off, but this isn't a program that can be put to bed at the end of the day," he continued. "It's our duty and responsibility to institute Combat Wingman in our daily lives. We all need to be good wingmen and be guardians of each other's well being."

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signed to support military members who deploy here within our area of operations.

There's no doubt that our increased operations tempo has the potential to increase our stress levels. But, it's important to take a step back and look at the big picture. Whether talking about the Air Force or within USAFE, there's a myriad of programs in place to make our lives easier and more structured. And more structure means less stress.

USAFE's newest Combat Program, Combat Wingman, capitalizes on looking out for one another through the employment of a sacred contract that promotes a genuine concern for our fellow Airmen and their wellness. I ask that you embrace this program and incorporate it into your day-to-day life. But, also examine yourself and your life internally. Don't let the buzz word of the day guide your stress levels. We may be busier mentally, but we've also created a more structured and less stressed Air Force environment.

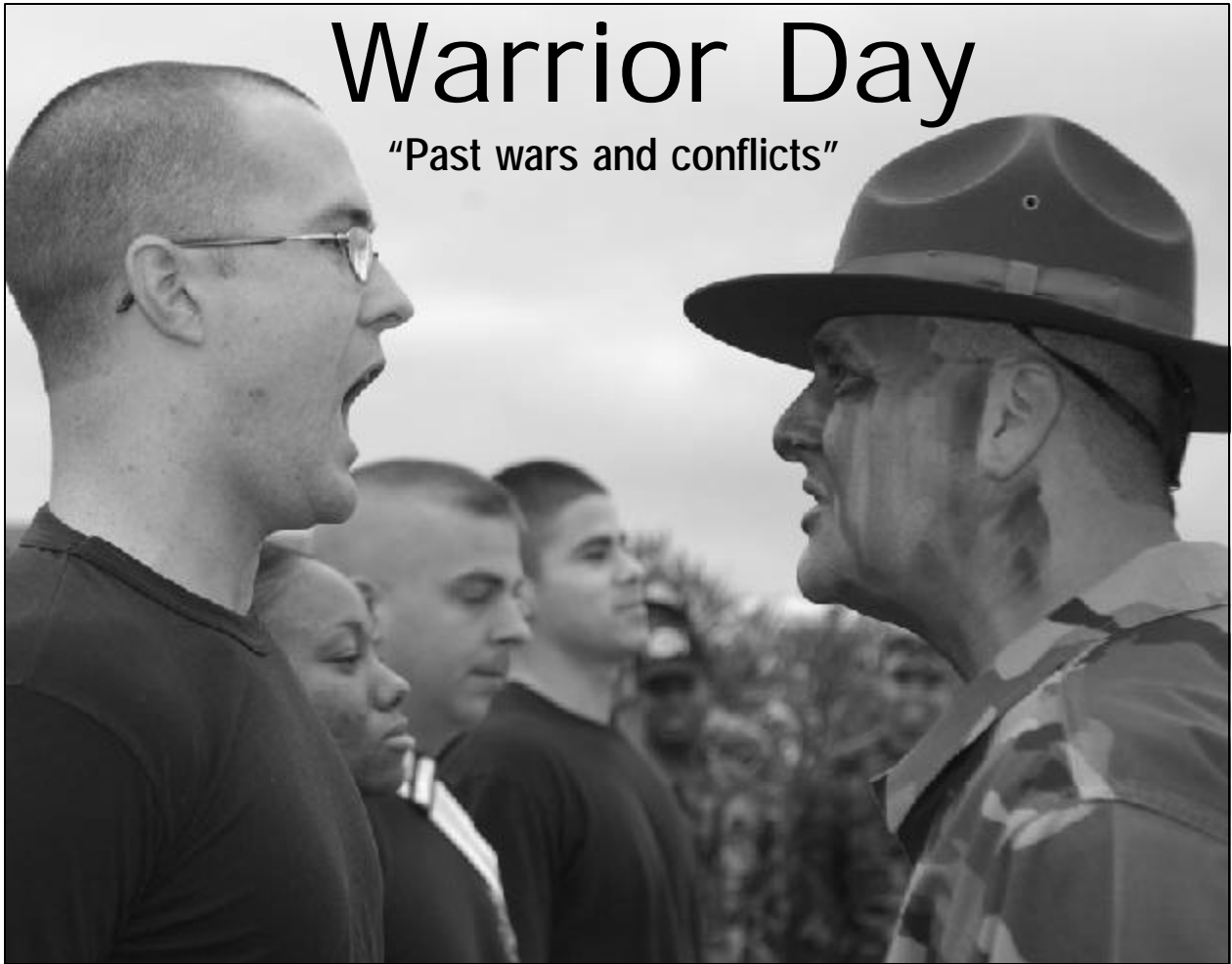
Lajes members perform



Airman 1st Class Jon Carter, 65th Communications Squadron, Senior Airman Jared Donze, 65th CS, and Airman David Longval, 65th Operations Support Squadron, also known as "Makeshift Radio" performed songs from Coldplay and Radiohead along with their very own originals for Team Lajes members Nov. 12 at the Top of the Rock Club. The band is performing a Christmas show in December. For more information or to reserve the band, call Airman Carter at 2-2266 or e-mail him at jonathan.carter@usafe.ds.af.mil (Photo by Staff Sgt. Joshua Gray)

Warrior Day

"Past wars and conflicts"



At 7 a.m. Nov. 10, 18 teams consisting of four members each participated in events to test their warrior spirit through a fun-filled competition. The events included M-16/M-9 assembly, gas mask drills, Air Force physical fitness challenge, obstacle course, Airman's Manual knowledge and self-aid and buddy care simulations.

(Above) Airman 1st Class Courtney Gentry, 65th Communications Squadron, shows Senior Master Sgt. Charles Webber, 65th Logistics Readiness Squadron, his warrior face during Lajes' quarterly Warrior Day.

(Left) Staff Sgt. George Shepherd, 65th Security Forces Squadron, helps his teammate Senior Airman Kurt Lugar get their handcuffs undone during one of the challenges at Warrior day. (Photos by Staff Sgt. Michelle Michaud)



(Above) Staff Sgt. Fawne Cady, 65th Medical Operations Squadron, does her sit-ups during the physical challenge part of Warrior Day. (Photo by Staff Sgt. Michelle Michaud)

(Right) Airman 1st Class Adam Garcia, 65th Communications Squadron, lays a gurney across the two barrels as a means of crossing. (Photo by Airman 1st Class Josie Kemp)

At the end of the day, winners of the April 30 Warrior Day, the 65th Civil Engineer Squadron, handed over the championship trophy, a sword symbolizing a warrior coat of arms. The teams were judged on physical and mental toughness through various timed events, to build team competition. The gold went to the 65th LRS, silver was won by the 65th CES and the 65th Security Forces Squadron took home the bronze.



(Left) Airman 1st Class Tony Baca, 729th Air Mobility Squadron, and his teammates Airman 1st Class Michael Livingston, Airman 1st Class Javan Haley and Airman 1st Class Justin Herrera race to put together M-9s and M-16s during one of the Warrior Day obstacles. (Photo by Airman 1st Class Josie Kemp)



Service, excellence, integrity interdependent

by Lt. Col. Tim Haynie
65th Civil Engineer Squadron

A few hundred years ago a small American village grew up around a town square. The square was lined by oak trees that gave shade and shelter. It was a friendly and quiet place where neighbors met to pass the time. In the center of the square stood a feeble well house made of wood and stone. Every family in town relied on the well for water to drink and cook and wash.

One day the villagers became alarmed the well was running dry. Every day they saw less and less water coming from the well. The villagers gathered together to decide how to solve their desperate plight. Three townsfolk spoke up about how they would solve the problem.

The sheriff stepped to the front of the group and declared, "There's plenty of water for everyone as long as we each take only what we need."

He would stand by the well to make sure each family only took enough water to

make it through the day.

The farmer hollered out, "My farm is down by the river. I can bring water to town."

Each day he would bring a wagon full of water barrels to the town square.

The blacksmith then stood up and turned to face the crowd.

"I've got equipment to dig the well deeper."

He would keep digging until the well produced as much water as before.

The villagers began to debate which of the three solutions was best when the mayor suddenly silenced the crowd.

"We need to apply all three" he explained. "Today we need to obey the sheriff. Tomorrow we need to rely on the farmer. The next day we need to follow the blacksmith."

The villagers followed the mayor's advice and they saved the town.

What would you have done if you were the mayor? In the Air Force you would do exactly what the mayor did. The sheriff's solution was one of integrity—you do what's

expected and I do what's expected. The farmer's solution was one of service—I can and will help. The blacksmith's solution was one of excellence—we can and will do better.

Without integrity the villagers would have used up all the water and would have quickly died of thirst. It was important to practice integrity every day, all the time. In our Air Force integrity sustains each of us every day, all the time.

Without the farmer's service the villagers couldn't have collected water from the river and would have continued suffering. In our Air Force we each need to understand the mission and find a way to serve it.

Without the blacksmith's commitment to make things better the villagers couldn't have allowed the town to grow. In our Air Force excellence is the way we make the most of what we're given and is key to staying the world's most-respected.

The Air Force is special because we pay attention to integrity, service, and excellence. Without one, the others suffer. As a military member you are like the mayor from our story—find a way to apply all three.

Teenage Drinking: Convenience or conscious choice?

by Nadia Najdawi
Contributing writer

What are most teenagers on average doing at 11 p.m.? It depends on what day of the week it is. On Monday they could be swamped with homework, then Tuesday racing to soccer practice. By the time Wednesday rolls around they have some way or the other managed to receive even more homework, and slide in an after-school meeting or two. Then it's Friday. There aren't any chores, homework assignments, or due dates to worry about for at least two days, so where is the average teenager then?

What scenario seems to be the most common among high school students: staying home with friends, going to the movies or coming home wasted? Unfortunately some choose the latter. Why do young kids make the conscious decision of choosing to drink at such a young age for something to do, or just to pass the time? Why choose to waste money, risk health and put your personal safety on the line for one night of something to do not to mention jeopardizing or even losing your parents trust? Before making this addiction a frequent occurrence, take a look at the possible outcomes and future possibilities.

If it becomes a habit, drinking can seep in to an everyday routine, leaving zero time for academics, sports, friends, family, or preparing for some of the most important years of your life.

Studies have shown that if drinking is delayed until age 21, then the risk of serious alcohol-related problems decreases

by 70 percent. Before making a decision as to where you're headed when the bell rings Friday afternoon take into mind some simple factors that you could be putting at risk.

Many high school students always seem to be stressing about teachers, homework, tests, projects or due dates. Stress is common in the average high school student and is almost expected. Falling behind in school is a terrifying thought that has most high school juniors and seniors up all night at the end of the semester finishing late work, studying for chapter tests and shooting out an endless number of essays. Why go through another year of last-minute cramming, re-testing, make-up work and then not even earn a decent grade? Sometimes you have to pay your dues to get the credit you deserve. This could mean actually studying for that test on Monday, or making sure you have your homework done for the weekend, instead of blowing it all off for one night of fun.

The consequences don't stop there. In addition to taking a toll on academics, excessive teenage drinking can lead to serious health issues in the future. I had a friend who was a nurse in a local small-town hospital. She was taking care of a woman who was only 30 years old, yet dying from liver poisoning. This woman had been heavily drinking since middle school and later became an alcoholic. She was married, had a 5-year-old son and a career in modeling. Although she was absolutely gorgeous, after she was diagnosed she became completely

unrecognizable. My friend had to watch her die with so many regrets, leaving behind a family and what could have been a promising future. All because of a decision she believed was too long ago to make a difference, which caught up with her 18 years later.

According to the Center for Disease Control and Prevention, in the year 2000 kids who drank between the ages of 12-17 were more likely to be at risk for suicide than teenagers who had remained alcohol free.

I'm not saying that all situations end up like this, but why take the risk? Some things are too important to put in danger just for acceptance, or fun. Underage drinking is not only illegal, but it can lead to future consequences. Two-thirds of kids who start drinking by age 15 end up trying illegal drugs and are 50 times more likely to use cocaine. Why place yourself in an environment where you can be at risk to injury, drug usage, accidents and even death? On average, students who start drinking before the age of 14 are more likely to be injured while under the influence of alcohol.

Sometimes it's not always safe to be living in the moment, especially when you might not even see the outcome until years from now. Over 20 years ago the number of alcohol related deaths was 110,660. That number has only increased as the 21st century continues on. Don't let your life be another statistic, or a number on the death roll. Think of what you're really choosing for yourself, and then decide if it's worth it.

How many bases does the Portuguese AF currently have?

Answer:

According to the Portuguese Air Force official website, there are currently five operational bases, all located on mainland Portugal with the exception of Air Base No. 4, which, as you all know, is headquartered here at Lajes on Terceira Island.

All three of the Portuguese armed forces services have experienced a large drawdown throughout the last three decades as a result of the end of the overseas wars in Africa and the modernization of the armed forces.

This also resulted in making all three armed forces branches all-volunteer services.

The Air Force was no exception to the drawdown and has also closed or realigned bases and its organization, resulting in fewer operational bases.

The following is a list of all active bases, their location and aircraft assigned.

Air Base No.1 is located in Sintra and is home to the Casa 212 Aviocar 100/300 and Cessna FTB-337G aircraft.

Air Base No. 4 is located on Terceira Lajes and is home to the Casa 212-100 aircraft and Puma SA 330-Puma Helicopter.

Air Base No.5 is located at Monte Real, near the city of Leiria and is home to the F-16A Fighting Falcon.

Air Base No.6 is located at Montijo and is home to the C-130, Falcon 50, Falcon 20, P-3P Orion aircraft and the SA-330 Puma helicopter.

Air Base No.11 is located at Beja and is home to the Alpha-jet aircraft and the Alouette III helicopter.

In addition to these operational bases, the Portuguese Air Force also has the Aeródromo de Manobra No.1 (Maneuver airfield) in Ovar with no aircraft assigned and the Aeródromo de Trânsito No.1 (transit airfield) next to the international airport of Portela, in Lisbon.



The former Air Base No. 2 was located at Ota. It has been deactivated and is now the Portuguese Air Force's Military Training and Technical Center.

The former Air Base No. 3 was located at Tancos. It has been ceded to the Portuguese Army and is no longer an Air Force base.

Air Bases No. 7, 8, 9 and 10 are all closed. Air Base No. 9 and 10 were located in the former Portuguese territories of Angola and Mozambique in Africa respectively.

According to the Portuguese Ministry of Defense statistics, the Air Force has approximately 7,200 military members. Of those, 33 members are currently deployed in places like Kosovo, Afghanistan and the former Portuguese province of São Tomé e Príncipe off the west coast of Africa, where the Air Force also has a Casa 212 Aviocar aircraft detachment.

To learn more about the Portuguese Air Force and its organization, visit www.emfa.pt/faping/default.asp.



Senior Airman Claudia Herrera

729th Air Mobility Squadron

Everyday Hero

Duty title: Stock control technician

Job description: I make sure that we have all the parts we need for the planes that land here.

Time in the Air Force: Four years, eight months

Time at Lajes: 13 months

What's the best aspect of your job: Working with the maintenance guys, "blue shift."

What are your career goals: I hope to get out and come back in as a civilian with my logistics degree

Best Air Force experience: I guess I'd have to say here. I love this place. I've met some awesome folks.

Life goal: To be happy

Hometown: Brooklyn, New York

One word to describe you: Crazy

Hobbies: Putting together Anne Geddes baby puzzles

Favorite food: Anything cooked in Latin America ... except pork.

Favorite color: Blue

Pet peeve: Negativity and people breathing on me

No one knows I'm: from Nicaragua, Central America

When I was growing up, I wanted to be: in the CIA or the FBI.

The first thing I would do if I won a \$1,000,000 is: buy a mansion for my family members.



Jeremy Zabel, 729th Air Mobility Squadron, launches the ball toward the hoop as he competes in the Combat CHEER sponsored 3-Point Shootout Nov. 12. Zabel sunk 16 of 25 tries in the final round to take home the first place trophy. (Photo by Tech. Sgt. Renee Kirkland)

3-Point shooters need only apply

by **Tech. Sgt. Renee Kirkland**
NCOIC, public affairs

The young and not-so-young came Nov. 12 to compete in Project CHEER's 3-point shoot-out at the Chace Fitness Center. Eighteen competitors and a crowd of spectators and friends came to enjoy the event.

Competitors were challenged to shoot 25 3-point baskets in a two-minute time limit.

The first round saw the top players shooting 12 out of 25 3-pointers. The crowd alternatively cheered and jeered the players as some cleared nothing but net, while others threw bricks in the dimly lit gymnasium.

The second round narrowed the field down to 12 players. The competition grew fierce as the top player, Jeremy Zabel, 729th Air Mobility Squadron, made 14 baskets while Ed Lucas, 65th Civil Engineer Squadron threw in 13. At the end of the second round more than eight baskets

separated the top and bottom of the field.

Unlike many events where those who don't advance to the next round leave the scene, all non-advancing players stayed to see who would take top billing.

Six players advanced to the final round. The competition grew stiffer as more shots began to fall. At the end of the round Matthew Mulholland, 65th CES, took third place and Michael Herrod, 65th CES, took second. Sinking an incredible 16 of 25 shots, second-round winner Jeremy Zabel took first place.

This was the first year the fitness center and Project CHEER sponsored the event.

"We didn't expect this fantastic turnout. We thought we'd have maybe eight or nine people, not the 18 that came out," said Eric Ross, 65th Services Squadron. "We had people competing who were anywhere between 18 to 45 years old. Everyone had fun and this is something we will definitely do again."

Sports briefs

Events take place at the Chace Fitness Center unless otherwise noted.

Youth sports

The Lajes Youth Center is accepting applications for youth football and cheerleading for boys and girls ages 5-18. Cost is \$25 for members, \$35 for non-members. Season is Nov.-Dec. Volunteer coaches and officials are needed. For more information, call Jolene Wilkinson at 2-1197.

Basketball tourney

A 3-on-3 basketball tournament for ages 18 and up is at 7 p.m. Dec. 3. Teams consist of four players; it's a double-elimination tournament. Register by Nov. 29.

Volleyball

A 3-on-3 volleyball tournament for ages 18 and up is Dec. 17. Teams consist of four players and it's a double-elimination tournament. Register by Dec. 13.

Strong-arm

A bench press competition for ages 18 and up is at 11 a.m. Jan. 15. There are two lifts at each weight and weight classes for men and women. Register by Jan. 7.

Keep going

An endurance competition is at 9 a.m. Jan. 28 for ages 18 and up. Teams consist of three people, with one member female. Register by Jan. 18. For more information on the competitions, call Staff Sgt. Eric Ross at 2-6126.

HAWC fit tip

Strength progression guidance: Adding as little as 1-2 repetitions per week can increase your ability by 52-104 reps in a year. Call the HAWC at 2-3889 with your wellness questions.

PLANNER

Changes or updates to this page should be sent to news@lajes.af.mil

AAFES

Flight View BX: 10 a.m.-6 p.m. Mon.-Wed.; 10 a.m.-8 p.m. Thu.-Sat.; 10 a.m.-5 p.m. Sun. and Portuguese holidays

Ocean Front BX: 10 a.m.-6 p.m. Mon.-Wed.; 10 a.m.-8 p.m. Thu.-Sat.; 10 a.m.-5 p.m. Sun.

Shoppette: 9 a.m.-11 p.m. Mon.-Sat.; 10 a.m.-8 p.m. Sun.

Barber shop: 8:30 a.m.-5:30 p.m. Mon.-Sat.; 8 a.m.-4:30 p.m. Sat.

Beauty shop: 10 a.m.-6 p.m. Tue.-Sat.

Manicure shop: 10 a.m.-6 p.m. Tue.-Sat.

Dry cleaners: 9 a.m.-1 p.m. Mon.; 10 a.m.-6 p.m. Tue.-Fri.; 10 a.m.-4 p.m. Sat.

Gas station: 10 a.m.-5 p.m. Sun., Mon. (gas only); 10 a.m.-6 p.m. Tue.-Sat.

Lajes services

Child development center: 7 a.m.-5:30 p.m. Mon.-Fri.

Community activities center: 10 a.m.-8 p.m. Tue.-Sat.; noon-5 p.m. Sun.

Commissary: 10 a.m.-6 p.m.

Mon.-Wed., Fri., Sat.; 10 a.m.-7 p.m. Thu.

Chace Fitness Center: 5 a.m.-midnight Mon.-Fri.; 8 a.m.-7 p.m. Sat., Sun.

Library: 4-9 p.m. Mon.; 10 a.m.-9 p.m. Tue.-Thu.; 10 a.m.-6 p.m. Fri.; 10 a.m.-5 p.m. Sat., Sun.

Outdoor recreation: 10 a.m.-7 p.m. Tue.-Sat.; 11 a.m.-7 p.m. Sun.

Skills development center: noon-8 p.m. Tue.-Thu.; 10 a.m.-6 p.m. Fri., Sat.

Thrift shop: 12:30-4:30 p.m. Mon. and Wed.; 10 a.m.-2 p.m. Fri. and 1st Saturday of the month.

Vet clinic: 8 a.m.-2 p.m. Mon., Tues., Thurs., Fri.; noon-6 p.m. 1st, 3rd Wed.; 2-8 p.m. 2nd, 4th Wed.

Youth and teen center: 3-6 p.m. Mon.-Sat.; 8 p.m.-midnight Fri., Sat.

Meal time

Burger King: 7 a.m.-11 p.m. Mon.-Thu.; 7 a.m.-12:30 a.m. Fri.; 8 a.m.-12:30 a.m. Sat.; 8 a.m.-9:30 p.m. Sun.

Dining hall: Breakfast 6-9 a.m., lunch 11 a.m.-1:30 p.m., din-

ner 4-7 p.m., midnight meal 11 p.m.-1:30 a.m., Mon.-Fri.; Brunch 7 a.m.-1 p.m., supper 4-7 p.m., Sat., Sun., midnight meal 11 p.m.-1 a.m., Sat.

Frank's Franks: 11 a.m.-6 p.m., Tues.-Sat.

Oceanview Island Grill: Lunch 11 a.m.-11 p.m. Mon.-Sun. Specials, with fries or salad and drink: Mon., roasted chicken or meatball sandwich; Tue., 16" 2-topping pizza; Wed., fried shrimp; Thu., 16" 1-topping pizza or taco salad; Fri., lasagna. Pizza specials only come with drinks.

Top of the Rock club: Lunch 11 a.m.-1:30 p.m., Mon.-Fri.; brunch 8:30 a.m.-noon, Sat.; dinner 5-9 p.m., Tue.-Sat. Lunch buffets and specials: Mon., Southern buffet; Tue., Mexican buffet; Wed., Italian buffet, family dinner buffet; Thu., Oriental buffet, 2-4-1 steak night; Fri., seafood buffet, Prime & Wine dinner; Hoof & Fin dinner special.

Chapel services

Adoration and rosary: 3 p.m. Mon.-Fri.; 5:40 p.m. Sun.

Mass: 5 p.m. Sun.-Fri.

Meditation and prayer:

6:30 a.m. Mon.-Fri.

Monday

Protestant women's spiritual fitness training, 7 p.m.

Tuesday

Catholic Women of the Chapel, 7 p.m. 3rd Tuesday

Wednesday

Men's spiritual fitness training/lunch, noon; Working women's spiritual fitness training/lunch, noon; Catholic Men of the Chapel, 6 p.m. 2nd Wednesday; Traditional choir practice 6 p.m.; Bell choir practice 7 p.m.; Catholic choir rehearsal 7:15 p.m.

Thursday

Gospel choir practice, 7 p.m.; Men's spiritual fitness training, 7 p.m.

Friday

CWOC Mass, 5:30 p.m. 1st Fri.; Teen Movie Night, 7 p.m.

Saturday

Mass, 10 a.m.

Sunday

Traditional Protestant service, 9 a.m.; Confessions, 9:45 a.m.; Traditional Protestant fellowship, 10 a.m.; Mass, 10:30 a.m.; Gospel service, noon; Catholic youth organization, noon; Catholic choir rehearsal, 4 p.m.; Rosary and adoration, 5:40 p.m.; Protestant Youth of the Chapel, 6:15 p.m.



Today: 7 p.m., "The Forgotten," rated PG-13 for intense thematic material, some violence and brief language. Cast includes Julianne Moore and Dominic West. Telly is tormented by the memory of her eight-year-old son's death in a plane crash 14 months ago. While trying to work through her grief, she is informed by her psychiatrist that she is suffering from delusions, and her son never existed. She's convinced she's going mad until she meets another patient, Ash, with the same situation. **10 p.m.: "Resident Evil: Apocalypse,"** rated R for non-stop violence, language and some nudity. Cast includes Mila Jovovich and Jared Harris. Alice, the only surviving member of the elite military force that attempted to keep the zombies confined to the underground facility, finds herself teaming up with Jill Valentine and others to stop the zombies from spreading outside of Raccoon City.

Saturday: 7 p.m., "Wimbledon," rated PG-13 for language, sexuality and partial nudity. Cast includes Paul Bettany and Kirsten Dunst. An aging male tennis star has one last shot, and two weeks, to win the greatest tennis tournament and the heart of an upcoming women's tennis star.

Sunday: 2 p.m., "Hero" rated PG-13 for martial arts violence and sensuality. Cast includes Jet Li and Zhang Ziyi. Qin, the king of the northern province of ancient China, is under permanent threat of assassination attempts. His greatest fears are the warriors "Broken Sword", "Flying Snow" and "Sky." One day one of the magistrates of his kingdom enters the palace, claims that he defeated all three of the emperor's adversaries and tells the story how.

Wednesday: 7 p.m., "The Forgotten."

Thursday: 6 p.m., "First Daughter." See page 3 for details.

AFN Sports on TV

Friday

AFN-Atlantic

College basketball: Coaches @ Cancer Consolation Game, 11p.m.

AFN-Sports

Tennis: Master's Cup Houston Round Robin, 2 p.m.
PGA Tour: World Golf Championships World Cup, second round, 7:30 p.m.

Saturday

AFN-Atlantic

College football: Michigan @ Ohio State, 5 p.m.; Florida @ Florida State, 11:45 p.m.

AFN-Pacific

College football: Wake Forest @ Miami (Fla), 6 p.m.; Auburn @ Alabama, 9:30 p.m.; BYU @ Utah, 11 p.m.

AFN-Sports

NASCAR Busch Series: Ford 300, 2 a.m.
NASCAR Craftsman Truck Series: Ford 200, 9 a.m.
Tennis: Masters Cup Houston Sound

Robin, 1:30 p.m.

College football: Virginia @ Georgia Tech, 7 p.m.; Wisconsin @ Iowa, 11:30 p.m.

Sunday

AFN-Atlantic

College football: Rutgers @ Navy, 11 a.m.
NFL: Detroit Lions @ Minnesota Vikings, 5 p.m.; Atlanta @ NY Giants, 8 p.m.; NY Jets @ Cleveland Browns, 11 p.m.

AFN-Pacific

NFL: Indianapolis Colts @ Chicago Bears, 5 p.m.; San Diego Chargers @ Oakland Raiders, 8 p.m.

AFN-Sports

PGA Tour: World Golf Championships World Cup, third round, 9 a.m.
World Championship Boxing: Winky Wright vs. Shane Mosley, 12:30 p.m.
NASCAR Nextel Cup Series: Ford 400, 7 p.m.
NFL: Miami Dolphins @ Seattle Seahawks, 10:30 p.m.; Green Bay Packers @ Houston Texans, 2:30 a.m.

EVENTS

Advertising deadline is the Friday prior to the paper date. E-mail announcements weekly in normal text with the event, location, date, time, point of contact's full name and phone number/e-mail address to news@lajes.af.mil.

Closures/shifts

Wine and turkey: Wine tasting is tonight at 7:30 p.m. at the shoppette, and a Cajun turkey giveaway is at 6 p.m. at the Ocean View BX.

Events

Fashion show: The Fall into Fashion 2004 fashion show is at 11 a.m. Saturday at the Ocean View BX. For more information, call 2-3175.

Thanksgiving buffet: The Top of the Rock club Thanksgiving Day buffet is 10 a.m.-2 p.m. Thursday. Cost is \$15.95 for adults and \$8.95 for children, ages 5-12, 4 and under are free. Members get \$2 off. To make reservations (required) call 2-2327 by Monday.

Turkey shoot: The 2nd Annual Turkey Shoot Billiard Tournament is at 2 p.m. Nov. 27 in the Top of the Rock club lounge. There will be a doubles tournament; singles, time-permitting.

Classes

Making music: Flute lessons are now offered at the community center from 9 a.m.-5 p.m. Saturdays. Thirty minute private lessons cost \$40 a month. For more information, call 2-4125.

Smooth move: Learn to make a smooth PCS at this briefing from noon-3 p.m. Monday at the family support center. For more information, call 2-4138.

Heartlink: The next Heartlink class is at 8:15 a.m. Tuesday at the family support center. The program is for people to meet and learn more about being part of the military. A free chicken Alcatraz lunch and cooking demonstration will be provided. For more information or to ask about free childcare, call 2-4138.

Sponsors: Sponsorship training is from 10-11 a.m. Nov. 30 at the family support center. Learn the best way to sponsor incoming people to Lajes. For more information, call 2-4138.

TAP class: A transition assistance class will be Dec. 15-

17 at the family support center. The three-day class is designed to get people ready for finding a job in the civilian workforce. Although designed for those who are transitioning out of the military, any spouse or family member can also benefit from the workshop. To register, call 2-4138.

Education Center

OU classes: Enrollment for Spring 05 online courses runs through Dec. 5. For more information, call Kalina Hill at 2-3171 or e-mail aplajes@ou.edu.

Free seminar: A free seminar on distinguishing between Attention Deficit Hyperactivity Disorder and Oppositional Defiant Disorder in children and adolescents is from noon-1 p.m. Dec. 2. This is presented by Dr. Jan Culbertson from Oklahoma Health Sciences Center and open to the Lajes community.

Master class: Research in Human Relations, a course for the University of Oklahoma's Master in Human Relations degree is from Jan. 25-30. Sign up by Dec. 27.

CTC class: Pre-registration for the Central Texas College Emergency Medical Technician class is ongoing to gain an accurate count of students. CTC is open 8 a.m.-1 p.m. Mon.-Thu. Final registration and payment will be accepted during the first week of January and class starts Jan. 11. For more information, call Kimberly Henne at 2-6722.

Volunteers/jobs

Girl Scout volunteer: The Terceira Island Girl Scouts is looking for a volunteer secretary and publicist. For more information, call Patricia Lopez 295-549-434 or Annie Hollenbeck 295-549-522.

EDIS help: The EDIS program at the 65th Medical Group needs a volunteer to help with administrative duties. For more information, call the American Red Cross office at 2-6411.

HS help: Lajes High School is looking for a volunteer receptionist who has

knowledge of office equipment to assist with greeting customers, answering phones, filing, faxing and copying for of five or more hours a week. Free childcare is available. For more information, call the American Red Cross office at 2-6411.

NAF jobs: The following 65th Services Squadron jobs are or will be vacant soon: Central warehouse materials handler, child development center child development program assistant, human resources office training specialist, youth center school age program assistant. Apply at the human resources office between 9 a.m.-4 p.m. Mon.-Fri., in Bldg. T-112. For more information, call 2-5200

Community tech: A contract job is open through Thursday for a community readiness technician. The contractor will provide workshops for the family support center on community, personal and financial readiness, and Microsoft Office products. The position runs from Dec. 1-Sep. 30, 2005. For more information, call Airman 1st Class Bethany Schwartzkopf at 2-6855.

Tax help: A contract job for a tax assistance program manager is open through Dec. 9. The contractor provides information, education and tax preparation services to all DOD personnel. The position runs from Jan. 12-June 1, 2005. For more information, call 2nd Lt. Karin Tjelmeland at 2-3123.

Miscellaneous

Flying board: An undergraduate flying training board is Feb. 8 at the Air Force Personnel Center. The board reviews applications for pilot, navigator and air battle manager candidates. Officers born after May 1, 1975 with a TFCSD after May 1, 2000 who meet all other eligibility criteria can apply for UFT. Send completed applications postmarked by Dec. 29 to Headquarters AFPC/DPAOT3, 550 C Street West Suite 31, Randolph AFB, TX, 78150-4733. For more information, call formal training at 2-5143.

Toll-free calls: To dial

toll-free numbers via DSN dial 34-809-4-OFF-DSN (809-463-3376), await the second dial tone, dial the toll-free number.

Chapel events

Events take place at the base chapel unless otherwise noted. For more information, call 2-2411.

Children Christmas musical practice: 3 p.m. Saturdays.

Angel tree program: Now until Dec. 12, located at base exchanges.

Protestant Women of the Chapel Fellowship meeting- Advent workshop: 6:30 p.m. today.

Men's spiritual leadership training/breakfast: 8 a.m. Saturday.

Catholic Parish Retreat: 10 a.m. Saturday.

Thanksgiving service: 7 p.m. Wednesday.

Thanksgiving Mass: 11:30 a.m. Thursday.

Children and youth movie night: 7 p.m. Nov. 26.

Catholic Advent Workshop: 11 a.m. Nov. 27.

Classified

Submit ads via e-mail to news@lajes.af.mil. Ads are due by 5 p.m. Friday.

For sale: 2002 Ford Explorer Sport Trac 4WD 4.0 liter V6. In great condition only 21,500 miles. Asking \$18,000 OBO. For more information, call 295-549-790 after 5 PM.

FREE CAT to good home. 2 year old female calico cat has all shots updated, microchip and has been fixed. She is a good family cat and is well behaved. Includes kennel, various cat toys, food dishes, window perch, and bed. Call Neil or Jennie 295-549-680.

Items for Sale: 110 volt Dirt Devil vacuum cleaner \$40; 110 volt Philips DVD player \$55; 110/220 volt Sony VCR \$50; cast iron sewing machine base stand \$40; 1" marble top \$30; 3D B2 stealth bomber picture \$10; Sunbeam gas grill w/cover & tank \$30; golden color swivel chairs \$30 ea. or 2/\$50; Trek Hybrid 970 bike \$225; car carrier for 2 bikes \$10; plastic umbrella stand base \$1; metal aquarium stand holds 10-gallon tank \$5; college textbooks \$1 each; children's books \$1-\$5 each; Europe travel maps \$1 each; Europe travel books \$2 each. Call Darrin at 295-543-010/2-3376.